

Sugar Cookies
 Servings 21
 Serving Size 23g, 2 cookies
 Calories 100
 Calories from Fat 40
 Total Fat 4.5g 7%
 Saturated Fat 3g 14%
 Cholesterol 20mg 7%
 Sodium 110mg 5%
 Carbohydrate 12g 4%
 Dietary Fiber 0g 0%
 Sugars 6g
 Protein 1g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 2%
 Iron 2%

Dad's Favorite Cookies
 Servings 30
 Serving Size 47g, 2 cookies
 Calories 210
 Calories from Fat 90
 Total Fat 10g 16%
 Saturated Fat 6g 32%
 Cholesterol 30mg 10%
 Sodium 55mg 2%
 Carbohydrate 28g 9%
 Dietary Fiber 1g 5%
 Sugars 18g
 Protein 2g
 Vitamin A 4%
 Vitamin C 0%
 Calcium 2%
 Iron 6%

Date and Nut Bread
 Servings 20
 Serving Size 76g
 Calories 200
 Calories from Fat 40
 Total Fat 4.5g 7%
 Saturated Fat 0g 0%
 Cholesterol 30mg 9%
 Sodium 220mg 9%
 Carbohydrate 38g 13%
 Dietary Fiber 2g 7%
 Sugars 22g
 Protein 5g
 Vitamin A 0%
 Vitamin C 0%
 Calcium 2%
 Iron 8%

Gingersnaps
 Servings 18
 Serving Size 44g, 2 cookies
 Calories 200
 Calories from Fat 90
 Total Fat 10g 15%
 Saturated Fat 1g 6%
 Cholesterol 10mg 3%
 Sodium 80mg 3%
 Carbohydrate 27g 9%
 Dietary Fiber 0g
 Sugars 15g
 Protein 2g
 Vitamin A 0%
 Vitamin C 0%
 Calcium 4%
 Iron 6%

Lemon Lime Cooler Cookies
 Servings 18
 Serving Size 75g, 2 cookies
 Calories 250
 Calories from Fat 100
 Total Fat 11g 17%
 Saturated Fat 7g 33%
 Cholesterol 50mg 17%
 Sodium 80mg 3%
 Carbohydrate 35g 12%
 Dietary Fiber <1g 4%
 Sugars 20g
 Protein 3g
 Vitamin A 6%
 Vitamin C 8%
 Calcium 2%
 Iron 6%

Double Chocolate Brownies
 Servings 48
 Serving Size 52g
 Calories 210
 Calories from Fat 100
 Total Fat 11g 16%
 Saturated Fat 6g 31%
 Cholesterol 50mg 17%
 Sodium 125mg 5%
 Carbohydrate 30g 10%
 Dietary Fiber 1g 6%
 Sugars 23g
 Protein 2g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 2%
 Iron 6%

Gingerbread Men
 Servings 42
 Serving Size 43g, 2 cookies
 Calories 150
 Calories from Fat 20
 Total Fat 2.5g 4%
 Saturated Fat 1.5g 7%
 Cholesterol 5mg 2%
 Sodium 95mg 4%
 Carbohydrate 30g 10%
 Dietary Fiber <1g 3%
 Sugars 13g
 Protein 2g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 8%
 Iron 15%

Apricot Date Bars
 Servings 24
 Serving Size 60g
 Calories 190
 Calories from Fat 60
 Total Fat 6g 10%
 Saturated Fat 3.5g 18%
 Cholesterol 15mg 5%
 Sodium 120mg 5%
 Carbohydrate 32g 11%
 Dietary Fiber 2g 7%
 Sugars 16g
 Protein 2g
 Vitamin A 8%
 Vitamin C 0%
 Calcium 2%
 Iron 6%

Sand Torte
 Servings 12
 Serving Size 206g
 Calories 960
 Calories from Fat 570
 Total Fat 63g 97%
 Saturated Fat 33g 167%
 Cholesterol 270mg 89%
 Sodium 420mg 17%
 Carbohydrate 96g 32%
 Dietary Fiber 3g 12%
 Sugars 70g
 Protein 10g
 Vitamin A 35%
 Vitamin C 6%
 Calcium 8%
 Iron 15%

Nut Jumbles Cookies
 Servings 15
 Serving Size 67g, 2 cookies
 Calories 320
 Calories from Fat 170
 Total Fat 19g 29%
 Saturated Fat 8g 42%
 Cholesterol 45mg 15%
 Sodium 90mg 4%
 Carbohydrate 37g 12%
 Dietary Fiber 1g 5%
 Sugars 23g
 Protein 3g
 Vitamin A 8%
 Vitamin C 0%
 Calcium 2%
 Iron 6%

Sand Tarts
 Servings 48
 Serving Size 31g
 Calories 120
 Calories from Fat 40
 Total Fat 4g 6%
 Saturated Fat 2.5g 13%
 Cholesterol 20mg 7%
 Sodium 65mg 3%
 Carbohydrate 19g 6%
 Dietary Fiber 0g 0%
 Sugars 10g
 Protein 2g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 0%
 Iron 4%

Sand Torte
 Servings 20
 Serving Size 124g
 Calories 570
 Calories from Fat 340
 Total Fat 38g 58%
 Saturated Fat 20g 100%
 Cholesterol 160mg 54%
 Sodium 250mg 10%
 Carbohydrate 57g 19%
 Dietary Fiber 2g 7%
 Sugars 42g
 Protein 6g
 Vitamin A 20%
 Vitamin C 4%
 Calcium 6%
 Iron 8%

Mashed Rutabagas and Potatoes
 Servings 8
 Serving Size 273g
 Calories 300
 Calories from Fat 160
 Total Fat 18g 27%
 Saturated Fat 11g 55%
 Cholesterol 50mg 17%
 Sodium 850mg 35%
 Carbohydrate 30g 10%
 Dietary Fiber 4g 17%
 Sugars 6g
 Protein 5g
 Vitamin A 10%
 Vitamin C 90%
 Calcium 8%
 Iron 8%

Seafood Salad
 Servings 6
 Serving Size 168g
 Calories 260
 Calories from Fat 150
 Total Fat 17g 26%
 Saturated Fat 3g 14%
 Cholesterol 155mg 51%
 Sodium 520mg 22%
 Carbohydrate 5g 2%
 Dietary Fiber <1g 4%
 Sugars 0g
 Protein 23g
 Vitamin A 10%
 Vitamin C 20%
 Calcium 10%
 Iron 80%

Peppermint Snowballs
 Servings 24
 Serving Size 39g, 2 cookies
 Calories 180
 Calories from Fat 80
 Total Fat 9g 13%
 Saturated Fat 5g 27%
 Cholesterol 20mg 7%
 Sodium 60mg 3%
 Carbohydrate 23g 8%
 Dietary Fiber 0g 0%
 Sugars 13g
 Protein 2g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 0%
 Iron 4%

Sour Cream Coffee Cake
 Servings 24
 Serving Size 51g
 Calories 200
 Calories from Fat 100
 Total Fat 11g 16%
 Saturated Fat 4.5g 24%
 Cholesterol 35mg 11%
 Sodium 180mg 8%
 Carbohydrate 24g 8%
 Dietary Fiber <1g 3%
 Sugars 15g
 Protein 3g
 Vitamin A 4%
 Vitamin C 0%
 Calcium 4%
 Iron 4%

Zuzu's "Burnt" Sugar Cake
 Servings 12
 Serving Size 135g
 Calories 420
 Calories from Fat 90
 Total Fat 10g 15%
 Saturated Fat 2.5g 13%
 Cholesterol 45mg 15%
 Sodium 170mg 7%
 Carbohydrate 81g 27%
 Dietary Fiber <1g 3%
 Sugars 60g
 Protein 4g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 6%
 Iron 8%

Raspberry Walnut Torte
 Servings 12
 Serving Size 198g
 Calories 660
 Calories from Fat 300
 Total Fat 33g 51%
 Saturated Fat 18g 88%
 Cholesterol 145mg 49%
 Sodium 310mg 13%
 Carbohydrate 87g 29%
 Dietary Fiber <1g 4%
 Sugars 69g
 Protein 6g
 Vitamin A 20%
 Vitamin C 0%
 Calcium 10%
 Iron 8%

No Bake Cookies
 Servings 24
 Serving Size 34g, 2 cookies
 Calories 170
 Calories from Fat 80
 Total Fat 9g 13%
 Saturated Fat 6g 32%
 Cholesterol 0mg 0%
 Sodium 80mg 3%
 Carbohydrate 20g 7%
 Dietary Fiber 1g 4%
 Sugars 14g
 Protein 4g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 0%
 Iron 8%

Chicken in a Wine Sauce with Cherry Peppers
 Servings 8
 Serving Size 317g
 Calories 390
 Calories from Fat 120
 Total Fat 13g 20%
 Saturated Fat 2.5g 13%
 Cholesterol 125mg 42%
 Sodium 640mg 27%
 Carbohydrate 11g 4%
 Dietary Fiber 2g 9%
 Sugars 3g
 Protein 48g
 Vitamin A 20%
 Vitamin C 35%
 Calcium 6%
 Iron 20%

Ford Time's Sugar Cookies
 Servings 60
 Serving Size 32g, 2 cookies
 Calories 140
 Calories from Fat 60
 Total Fat 6g 10%
 Saturated Fat 4g 20%
 Cholesterol 25mg 8%
 Sodium 100mg 4%
 Carbohydrate 19g 6%
 Dietary Fiber 0g 0%
 Sugars 10g
 Protein 2g
 Vitamin A 4%
 Vitamin C 0%
 Calcium 0%
 Iron 4%

Broccoli Souffle
 Servings 6
 Serving Size 132g
 Calories 230
 Calories from Fat 150
 Total Fat 16g 25%
 Saturated Fat 10g 49%
 Cholesterol 130mg 44%
 Sodium 570mg 24%
 Carbohydrate 8g 3%
 Dietary Fiber 2g 6%
 Sugars 2g
 Protein 13g
 Vitamin A 25%
 Vitamin C 45%
 Calcium 20%
 Iron 6%

Penne a la Vodka
 Servings 6
 Serving Size 260g
 Calories 470
 Calories from Fat 60
 Total Fat 7g 11%
 Saturated Fat 2g 10%
 Cholesterol 15mg 6%
 Sodium 840mg 35%
 Carbohydrate 70g 23%
 Dietary Fiber 5g 18%
 Sugars 11g
 Protein 18g
 Vitamin A 20%
 Vitamin C 30%
 Calcium 8%
 Iron 15%

Swedish Nut Cups
 Servings 48
 Serving Size 36g
 Calories 150
 Calories from Fat 90
 Total Fat 10g 16%
 Saturated Fat 4.5g 22%
 Cholesterol 25mg 9%
 Sodium 75mg 3%
 Carbohydrate 14g 5%
 Dietary Fiber <1g 2%
 Sugars 10g
 Protein 2g
 Vitamin A 4%
 Vitamin C 0%
 Calcium 2%
 Iron 2%

Kansas Beef Brisket
 Servings 12
 Serving Size 351g
 Calories 350
 Calories from Fat 150
 Total Fat 17g 26%
 Saturated Fat 6g 31%
 Cholesterol 120mg 41%
 Sodium 1010mg 42%
 Carbohydrate 6g 2%
 Dietary Fiber <1g 3%
 Sugars 2g
 Protein 42g
 Vitamin A 0%
 Vitamin C 4%
 Calcium 2%
 Iron 25%

Marinated Cheese Appetizer
 Servings 16
 Serving Size 49g
 Calories 160
 Calories from Fat 140
 Total Fat 16g 24%
 Saturated Fat 6g 32%
 Cholesterol 30mg 10%
 Sodium 220mg 9%
 Carbohydrate 3g 1%
 Dietary Fiber 0g 0%
 Sugars 1g
 Protein 4g
 Vitamin A 8%
 Vitamin C 8%
 Calcium 10%
 Iron 2%

Grandma Parks's Baked Potato Casserole
 Servings 12
 Serving Size 226g
 Calories 410
 Calories from Fat 240
 Total Fat 27g 41%
 Saturated Fat 9g 46%
 Cholesterol 40mg 14%
 Sodium 1040mg 43%
 Carbohydrate 31g 10%
 Dietary Fiber 2g 9%
 Sugars 3g
 Protein 13g
 Vitamin A 10%
 Vitamin C 50%
 Calcium 20%
 Iron 8%

Christmas Cheesecake Bars
 Servings 16
 Serving Size 78g
 Calories 280
 Calories from Fat 150
 Total Fat 16g 25%
 Saturated Fat 10g 49%
 Cholesterol 70mg 23%
 Sodium 190mg 8%
 Carbohydrate 30g 10%
 Dietary Fiber 0g 0%
 Sugars 18g
 Protein 4g
 Vitamin A 10%
 Vitamin C 2%
 Calcium 2%
 Iron 4%

Petite Fruitcakes
 Servings 72
 Serving Size 28g
 Calories 80
 Calories from Fat 25
 Total Fat 3g 4%
 Saturated Fat 0.5g 4%
 Cholesterol 10mg 3%
 Sodium 65mg 3%
 Carbohydrate 14g 5%
 Dietary Fiber 0g 0%
 Sugars 9g
 Protein 2g
 Vitamin A 0%
 Vitamin C 2%
 Calcium 2%
 Iron 4%

Lemon Meringue Pie
 Servings 10
 Serving Size 129g
 Calories 360
 Calories from Fat 120
 Total Fat 14g 21%
 Saturated Fat 8g 40%
 Cholesterol 110mg 37%
 Sodium 190mg 8%
 Carbohydrate 56g 19%
 Dietary Fiber <1g 2%
 Sugars 41g
 Protein 4g
 Vitamin A 10%
 Vitamin C 6%
 Calcium 4%
 Iron 6%

Slow Cooker Ham and Lentil Soup
 Servings 10
 Serving Size 315g
 Calories 270
 Calories from Fat 40
 Total Fat 4.5g 7%
 Saturated Fat 1.5g 8%
 Cholesterol 20mg 7%
 Sodium 260mg 11%
 Carbohydrate 35g 12%
 Dietary Fiber 16g 64%
 Sugars 5g
 Protein 21g
 Vitamin A 60%
 Vitamin C 15%
 Calcium 6%
 Iron 25%

Bruna Kakor
 Servings 24
 Serving Size 32g, 2 cookies
 Calories 150
 Calories from Fat 70
 Total Fat 8g 12%
 Saturated Fat 5g 24%
 Cholesterol 20mg 7%
 Sodium 110mg 4%
 Carbohydrate 19g 6%
 Dietary Fiber 0g 0%
 Sugars 11g
 Protein 1g
 Vitamin A 4%
 Vitamin C 0%
 Calcium 0%
 Iron 2%

Seasoned Pork Butt
 Servings 40
 Serving Size 105g
 Calories 250
 Calories from Fat 110
 Total Fat 13g 20%
 Saturated Fat 4.5g 23%
 Cholesterol 75mg 25%
 Sodium 750mg 31%
 Carbohydrate 11g 4%
 Dietary Fiber <1g 2%
 Sugars 9g
 Protein 22g
 Vitamin A 40%
 Vitamin C 2%
 Calcium 4%
 Iron 10%

Holiday Fruit and Nut Confection
 Servings 14
 Serving Size 121g
 Calories 430
 Calories from Fat 140
 Total Fat 16g 24%
 Saturated Fat 1.5g 7%
 Cholesterol 25mg 9%
 Sodium 100mg 4%
 Carbohydrate 69g 23%
 Dietary Fiber 5g 21%
 Sugars 38g
 Protein 6g
 Vitamin A 15%
 Vitamin C 8%
 Calcium 10%
 Iron 15%

Cranberry Delight Spread
 Servings 12
 Serving Size 29g
 Calories 90
 Calories from Fat 60
 Total Fat 7g 11%
 Saturated Fat 3.5g 17%
 Cholesterol 20mg 6%
 Sodium 80mg 3%
 Carbohydrate 6g 2%
 Dietary Fiber <1g 2%
 Sugars 5g
 Protein 1g
 Vitamin A 4%
 Vitamin C 10%
 Calcium 0%
 Iron 0%

Bread Pudding
 Servings 18
 Serving Size 147g
 Calories 330
 Calories from Fat 90
 Total Fat 10g 16%
 Saturated Fat 6g 29%
 Cholesterol 55mg 18%
 Sodium 230mg 10%
 Carbohydrate 53g 18%
 Dietary Fiber <1g 3%
 Sugars 40g
 Protein 6g
 Vitamin A 8%
 Vitamin C 0%
 Calcium 10%
 Iron 6%

Dorothy's Biscuits
 Servings 32
 Serving Size 48g
 Calories 160
 Calories from Fat 70

Total Fat 8g	13%
Saturated Fat 2.5g	13%
Cholesterol 5mg	1%
Sodium 140mg	6%
Carbohydrate 18g	6%
Dietary Fiber <1g	2%
Sugars 3g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	6%

Sweet Potato Casserole
 Servings 6
 Serving Size 177g
 Calories 480
 Calories from Fat 240

Total Fat 27g	41%
Saturated Fat 9g	47%
Cholesterol 95mg	32%
Sodium 350mg	15%
Carbohydrate 53g	18%
Dietary Fiber 4g	14%
Sugars 35g	
Protein 9g	
Vitamin A	190%
Vitamin C	4%
Calcium	8%
Iron	10%

Henderson Sweet Potato Pie
 Servings 8
 Serving Size 161g
 Calories 380
 Calories from Fat 170

Total Fat 19g	29%
Saturated Fat 11g	57%
Cholesterol 95mg	31%
Sodium 310mg	13%
Carbohydrate 50g	17%
Dietary Fiber 2g	6%
Sugars 26g	
Protein 5g	
Vitamin A	120%
Vitamin C	6%
Calcium	6%
Iron	10%

Candy Cane Pastry
 Servings 16
 Serving Size 153g
 Calories 580
 Calories from Fat 290

Total Fat 33g	50%
Saturated Fat 13g	65%
Cholesterol 20mg	6%
Sodium 350mg	15%
Carbohydrate 69g	23%
Dietary Fiber 3g	13%
Sugars 34g	
Protein 8g	
Vitamin A	4%
Vitamin C	0%
Calcium	10%
Iron	15%

Sausage Stuffed Turban Squash
 Servings 6
 Serving Size 357g
 Calories 330
 Calories from Fat 230

Total Fat 26g	40%
Saturated Fat 10g	49%
Cholesterol 95mg	32%
Sodium 1030mg	43%
Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 17g	
Vitamin A	15%
Vitamin C	70%
Calcium	10%
Iron	10%

Raisin Filled Cookies
 Servings 36
 Serving Size 53g, 2 cookies
 Calories 180
 Calories from Fat 60

Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 10mg	4%
Sodium 140mg	6%
Carbohydrate 31g	10%
Dietary Fiber <1g	2%
Sugars 16g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Smothered Steak
 Servings 8
 Serving Size 296g
 Calories 400
 Calories from Fat 220

Total Fat 25g	38%
Saturated Fat 9g	47%
Cholesterol 90mg	31%
Sodium 1310mg	54%
Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 32g	
Vitamin A	2%
Vitamin C	8%
Calcium	4%
Iron	20%

Pork Tenderloin with Currant Sauce
 Servings 8
 Serving Size 201g
 Calories 310
 Calories from Fat 40

Total Fat 4.5g	7%
Saturated Fat 1.5g	7%
Cholesterol 90mg	29%
Sodium 1200mg	50%
Carbohydrate 29g	10%
Dietary Fiber <1g	2%
Sugars 25g	
Protein 34g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	15%

Don's Mom's Apple Pie
 Servings 8
 Serving Size 164g
 Calories 390
 Calories from Fat 160

Total Fat 18g	27%
Saturated Fat 11g	55%
Cholesterol 45mg	15%
Sodium 280mg	12%
Carbohydrate 55g	18%
Dietary Fiber 2g	8%
Sugars 33g	
Protein 4g	
Vitamin A	10%
Vitamin C	6%
Calcium	2%
Iron	8%

Thumbprint Cookies
 Servings 24
 Serving Size 54g, 2 cookies
 Calories 250
 Calories from Fat 130

Total Fat 15g	22%
Saturated Fat 6g	31%
Cholesterol 45mg	15%
Sodium 90mg	4%
Carbohydrate 29g	10%
Dietary Fiber <1g	4%
Sugars 20g	
Protein 2g	
Vitamin A	6%
Vitamin C	0%
Calcium	2%
Iron	4%

Jim's Gumbo
 Servings 10
 Serving Size 338g
 Calories 460
 Calories from Fat 310

Total Fat 34g	52%
Saturated Fat 6g	30%
Cholesterol 65mg	21%
Sodium 1310mg	54%
Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 25g	
Vitamin A	8%
Vitamin C	15%
Calcium	4%
Iron	15%